YOUR SUPPLEMENT PLAN

Following is a list of supplements specifically suited to your particular body chemistry based on your NUTRI-SPEC metabolic testing.

- Any supplements marked with an "*" are part of your Electrolyte Tonic. Mix them in a water bottle or thermos with ____ ounces of water first thing in the morning, and drink half before breakfast. Drink the other half before your second and/or third meals, or anytime you are thirsty. Shake well before each drink.
- Your supplements are FOOD. They are perishable. Keep them in your refrigerator. Many people find it convenient to dedicate one shelf on their refrigerator door to storing supplements.

_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____
_____ _____

CARBOHYDRATE POINTS

Bread	16/slice	Apple	18/med.
Rice, Oatmeal	36/cup	Apple Sauce	35 / 1/2 cup
Pasta	37/cup	Banana	23/med.
Cereal	25/cup to 35/cup	Cantaloupe	20/cup
Granola	74/cup	Watermelon	15/cup
		Raspberries	20/cup
Carrots	10/cup	Blueberries	40/cup
Corn	20/ 1/2 cup	Cherries	30/cup
Potato	35/medium	Grapes	30/cup
Peas	25/ 1/2 cup	Orange	25/sm. or 40/lg.
Lima Beans/Lentils etc.	25/ 1/2 cup	Peach	35/med.
Squash	23/cup	Strawberries	20/cup
Beets	20/cup	Raisins	62/ 1/2 cup
Asparagus*	0/cup		
Green Beans*	0/cup	Sugar	4/teaspn.
Broccoli*	0/cup	Syrup/Jelly/Honey	15/ Tbspn.
Cabbage*	0/cup	Lemonade/Fruit Juice	23/ 1/2 cup
Cauliflower*	0/cup	Fruit Pie	65/ 1/8 9" pie
Spinach*	0/cup	Cupcake	55
Zucchini*	0/cup	Pretzels	22/oz.
Peppers*	0/cup	Potato Chips	15/10 chips
Lettuce*	0/cup	Popcorn	20/cup
Celery*	0/cup	Ice Cream	25/cup
Raw Carrots*	0/cup	Beer	43/12 oz.
Tomato*	0/cup	Wine	45/6 oz.

* Eat in unlimited quantities (add no points).

NUTRI-SPEC

METABOLIC BALANCE THROUGH SPECIFIC NUTRITION

NUTRI - SPEC
METABOLIC BALANCE TESTING

Report of Findings for _____ Date _____

Your NUTRI-SPEC TESTING shows that you have the following imbalances in your metabolism which are preventing you from being as healthy and strong as you could be:

_____ Electrolyte Insufficiency Imbalance

_____ Electrolyte Stress Imbalance

_____ Anaerobic Imbalance

_____ Dysaerobic Imbalance

_____ Glucogenic Imbalance

_____ Ketogenic Imbalance

_____ Sympathetic Imbalance

_____ Parasympathetic Imbalance

_____ Acid Imbalance

_____ Alkaline Imbalance

_____ Prostaglandin Imbalance

_____ No particular imbalances are clearly evident in your test results. However, your test results indicate the need for you to be retested after following the recommendations below for _____weeks.

Your health goals cannot be achieved as long as your metabolic imbalances go uncorrected. The NUTRI-SPEC plan offered below will have a balancing effect on your metabolism. The resulting increase in your adaptative capacity will make you stronger and healthier, helping you to rise above the physical and mental challenges you must face each day.

Knowing the imbalances in your body's metabolism will allow you to follow an eating plan and a nutrition supplement plan specifically designed for your particular needs.

FOLLOW UP TESTING

You will need your first follow-up testing within a week. This is to assure:

1. …that you are responding favorably to your eating plan and supplement plan. Within less than a week's time your metabolic imbalances should begin to show some improvement. If they do not, the quantity of supplements may need to be temporarily increased.

2. …that you have not over-corrected. It often happens that a person's metabolic imbalances respond very quickly to the high biological activity of NUTRI-SPEC supplements. In that case it will already be time to decrease the quantity of supplements you are taking.

3. …that you have no additional metabolic imbalances that were not apparent on your first testing.

Thereafter you will need follow-up testing at whatever frequency your Doctor determines by your response to your eating plan and supplement plan. As you progress with NUTRI-SPEC the metabolic imbalances found on your first testing may respond very well. They may even be totally corrected. As these disappear, however, other imbalances may become apparent, necessitating some change in your eating plan and your supplement plan.

Your nutrition needs are certain to change over time. NUTRI-SPEC testing will be there to serve you in times of increased stress. You will always have objective, scientific tests to guide you and your Doctor in the very best eating plan and the very best supplements for your particular body chemistry.

YOUR EATING PLAN

1. You **must** eat 3 good meals daily. (That's 21 good meals per week.)

2. Each of your 21 meals each week **must** include at least one of the following foods: meat, fish, poultry, eggs, cheese, cottage cheese.

3. Each of your 21 meals each week **must** include at least ____ ounces of meat, fish, poultry, cheese or the equivalent in eggs or cottage cheese. (Count 2 eggs as equal to 3 ounces; count 3/4 cup of cottage cheese as 3 ounces.)

[Note: This is not a "high protein diet." If you are like many people you already eat this much protein during a day, but you eat it mostly in 1 or 2 meals instead of spreading it out evenly over 3 meals.]

4. Just as important as the amount of protein at each meal is the proportion of protein and fat to carbohydrate. Each of your 21 meals is limited to a **maximum** of _____ carbohydrate points. The number of carbohydrate points in common carbohydrate foods are listed on the back page of this report. With just a few days' practice using this list you will very easily and almost automatically eat the proper amount of carbohydrate at each meal.

5. You will be pleased to note that there are very few of your favorite foods that need to be completely avoided on your eating plan. If on occasion you want to indulge in a high sugar dessert, you simply need to limit your other carbohydrates at that particular meal. For example if you are going to have a piece of birthday cake, then you would not eat potatoes, pasta, corn or bread at that meal.

6. In the unlikely event that you find yourself consistently hungry after eating meals with your proper protein and saturated fat content, and proper proportion of protein and fat to carbohydrate, then it generally means that you are simply not eating enough. You have two choices:

   a. Eat larger portions at each meal, maintaining the constant ratio of protein and fat to carbohydrate. In other words, for every additional ounce of protein and fat food add the proportional extra points of carbohydrate food. (Under no circumstances should you eat dessert or other starchy food on top of a meal that was otherwise properly proportioned.)

   b. Your second choice is appropriate only if you do not need to lose weight. Follow your regular meal with as much as you like of any of the following:

      - raw or cooked vegetables with olive oil, coconut oil, or butter
      - cheese or cottage cheese with fresh fruit (just enough fruit to maintain the proper proportion of carbohydrate)

7. SNACKS. If you are following your meal plan properly you should rarely become hungry between your three meals. If you do, and you want to eat a snack, here are your best choices:

   - any of the foods listed above in 6.b.
   - a half sandwich -- for example, 2 ounces of chicken on one slice of bread with a little barbecue sauce.

   However, hunger between meals means you simply did not eat enough meat, fish, poultry, or cheese at your last meal.

8. You must obtain a good source of drinking water. There are two tests that water must pass to be considered healthful drinking water:

   a. It must be high in total dissolved minerals.

   b. It must be free of all toxic chemicals added to municipal water supplies. (aluminum flocculants, chlorine, fluoride, etc.)

   If you have a well it is probably adequate drinking water as long as you do not run it through a water softener. If you do not have a well you must obtain a source of spring water that is high in total dissolved minerals.

9. Cooking foods can destroy much of their nutritional value. This is particulary true of protein foods and fat foods. Many of our most common and most severe degenerative diseases are directly associated with a lifetime of eating over-cooked protein and over-cooked fat. For this reason you should follow the following advice.

   a. Cook your meat, fish and poultry as little as possible. If, for example, you are in the habit of eating your steaks medium well, see if you can change to medium or even medium rare. It is best to cook your meat, fish and poultry one of two ways:

      1. Broil at high temperatures for a very short period of time.

      2. Cook at very low temperatures for a very long period of time (such as in a crock pot or in an oven at very low temperature).

   b. Avoid fats and oils that have been processed at high temperatures. This eliminates all deep fried and pan fried foods from your eating plan. To the extent that you do use concentrated fats for cooking or eating use:
      - olive oil - butter - coconut oil

10. The following should be kept to an absolute minimum in your diet:
    - sugar (and all foods made with sugar)
    - fried foods
    - juices

11. The following must be strictly avoided:
    - salad dressings, mayonnaise and margarine
    - Nutra-Sweet (if you absolutely must have a sweetener use saccharin or Stevia)

12. Based on your particular metabolic imbalances, here is a list of a few foods that are particularly good for you, as well as those that would have the most immediate and severely damaging effect on your health. (These foods are explained in greater detail in the Imbalance Description Sheet accompanying this report.)

Best Foods	Worst Foods
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____